

KHARKIV NATIONAL MEDICAL UNIVERSITY

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NEUROSCIENCES



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FEATURES OF TREATMENT OF DEMENTIA IN MODERN CONDITIONS

Dementia is one of the most topical problems of modern psychiatry. The importance of this problem is due to several factors. First of all, there is a significant increase in the number of elderly people, among whom the prevalence of dementia is particularly high. Dementia is a cognitive impairment that causes maladaptation of the patient in daily life, leading to a significant decrease in its quality. Mortality among patients with dementia is significantly higher than the average mortality rate among the elderly people. It is important to emphasize that the socio-economic and emotional burden of dementia lies not only on the patients themselves, but also on their relatives, the closest and more remote surrounding persons, and on society as a whole.

The basis for the development was the results of a comprehensive clinical and psychopathological examination of 79 patients aged 65-82 years of both sexes (35 men and 44 women) with dementia, who were examined and treated on the basis of Municipal Noncommercial Enterprise of Kharkiv Regional Council "Regional Clinical Psychiatric Hospital No. 3". The examination was conducted using the ICD-10 diagnostic and research criteria, the Mini-Mental State Examination Scale (MMSE) (Folstein M.F., Folstein S.E., McHugh P.R., 1975), the Montreal Cognitive Assessment Scales (MoCA), and the World Health Organization Psychiatric Restriction Scale - Psychiatric Disability Assessment Schedule (DAS).

Patients underwent psychopharmacotherapy with memantine hydrochloride. To prevent the development of negative reactions, the medication is prescribed by titration:

the 1st week - 5 mg daily in the morning during the week;

the 2nd week - 10 mg daily in the morning during the week;

the 3rd week - 15 mg daily in the morning during the week;

Starting from the 4th week - 20 mg daily in the morning.

The recommended maintenance dose was 20 mg per day at the same time each day, regardless of food intake.

Improvement of cognitive indicators (self-orientation, time and place orientation, memory improvement, and concentration); increase of indicators by MMSE scale by an average of 0.5 points; significant increase in values on all scales of cognitive assessment; increase of the degree of adaptation (cognitive ability, development of social and everyday skills, use of adaptive coping strategies) and positive dynamics of the level of social functioning of patients were observed in the examined patients who were taking memantine hydrochloride.

The results obtained allowed us to substantiate the feasibility of dementia therapy using memantine hydrochloride according to the mentioned scheme (maintenance dose was 20 mg per day).

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